



# Dance: Action Cards



Time to create your dance routine

Starting and ending in a still pose, use the dance action cards to create your dance routine

**Leap**

**Jump**

1• **Run**

**Travel**

**Nod**

**Gestures**

**Point**

**Gestures**

**Walk**

**Travel**

**Two Foot Turn**

**Turn**

**Arm Circle**

**Turn**

**Hop**

**Jump**

**Crawl**

**Travel**

**Freeze**

**Stillness**



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Time to create your dance routine

Starting with a still pose, use the dance action cards to create your dance routine!

Start Still Pose

1

Stillness

1•2•3•4•5•6•7•8

2

Dance Action

1•2•3•4•5•6•7•8

3

Dance Action

1•2•3•4•5•6•7•8

4

Dance Action

1•2•3•4•5•6•7•8

5

Dance Action